بسم الله الرحمن الرحيم

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THE SECRET TO HAPPINESS

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حفظه الله تعالى وأطال في عمره

May Allah bless Shaykh Musa, protect him, preserve him, and all his loved ones. May He allow his work and efforts to be spread until the Day of Judgement, and make it weigh heavy on his scales.

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Shaykh Musa Abdullah Jibril

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Our topic today is: *"In conclusion, verily, I did not find contentment except after returning to Allah."*

The happy ones are the believers who fear Allah. I did not find happiness through gathering wealth, rather [it was] the one who fears Allah that is happy. And the Taqwa of Allah is the best, and a bounteous treasure, and for those who have Taqwa, Allah will increase them [from this treasure]

Today we will discuss [how to have] a happy life. A happy life, and ease of mind, being pleased, [having] contentment, tranquility, and being free from all worries, uneasiness, and grief that we suffer from – this is one of the most lofty goals that every one of us strive to reach and actualize within, and throughout our whole life (i.e., to attain a happy life).

And it is not actualized, except with Emaan. The Messenger (ﷺ) said: "He who is well-pleased with Allah as [his] Lord, with Islam as [his] religion, and with Muhammad as his Messenger, will experience the savor of faith." [Muslim 34]

So, [to] achieve eternal happiness in this life, [one must keep in mind] that a believer does not search for happiness only in this life, for us, the afterlife is more important, [therefore] a believer must strive for eternal happiness in this life and the afterlife. And he should strive for peace of mind, and tranquility of the soul [as well].

So, to achieve this, a Muslim must be pleased and content with what Allah has decreed for him. And being content is the secret to success in this life, for it's a feeling of tranquility, peace, and ease of mind. A person tastes this sweetness within his heart and enjoys it.

True happiness holds an eminent purpose, it elevates a slave to the highest ranks. Ibn Taymiyyah (رحمه الله) said:

“Verily, there is a Paradise in this world and whoever does not enter it now will not enter the Paradise of the Hereafter.”
[المدارج 1/536]

This paradise [that] Ibn Taymiyyah (رحمه الله) mentions, is the delightful taste of obedience to Allah, Emaan, the sweetness of being near to Allah, the remembrance of Allah, & the sweetness of worship – the believing slave savors the taste of obedience to Allah and does not find it to be a burdensome weight upon his shoulders.

The Messenger (ﷺ) would say during the call to prayer:

“O Bilal, call ‘Iqāmah for prayer: give us comfort by it.”
[Abu Dawud 4985]

The Salah was a comfort for him, he enjoyed it. So, Emaan in Allah (سبحانه وتعالى), in His Tawheed, His Rubūbiyyah, ‘Ulūhiyyah, and His Names and Attributes, is where true happiness lies.

Verily it is the loveliest and most beautiful form of happiness, no happiness compares to it. [Having] Emaan in Allah from the heart, speech, and action is the most effective way to establish happiness.

Happiness for the sincere believer is brought about by giving his Emaan its due rights, for Emaan has rights one must fulfill. So, remember, it’s Emaan in the heart, speech, and action. He finds tranquility in his soul, ease in his body, and true happiness with it, that is the person who has reached this level, this is the believing, sincere individual.

Allah mentions happiness in the noble Qur’an, whoever takes from this will be successful and victorious, and whoever does not, has lost [everything that’s worth losing]. Allah (سبحانه وتعالى) says in the noble Qur’an:

Whoever works righteousness, whether male or female, while he (or she) is a true believer (of Islamic Monotheism) verily, to him We will give a good life (in this world with respect, contentment, and lawful provision), and We shall pay them certainly a reward in proportion to the best of what they used to do (i.e., Paradise in the Hereafter).
[Surat An-Nahl: 97]

This is the good life, and it's even better in the afterlife. Happiness in both worlds is from Allah (سبحانه وتعالى), for He is the one who created us, knows [us], and guides us. Happiness in both worlds is [from having] fear and piety toward Allah.

Being pleased with the decree of Allah – the good and bad – is from the most important causes of happiness. It's mentioned in a Hadith regarding the principles of Faith, wherein the Messenger (ﷺ) said:

"There are three qualities for which anyone who is characterized by them will experience the sweetness of faith..."

– Emaan has a sweetness to it. Anything you consume has a taste to it, honey has a sweet taste to it. Likewise, Emaan has a sweetness to it. What are these three things?

"...He to whom Allah and His messenger are dearer than all else; he who loves a human being for Allah's sake alone; and he who has as great an abhorrence of returning to unbelief after Allah has rescued him from it as he has of being cast into hell."
[Agreed Upon]

This is from the sweetness of faith. So, the demise of stress, and the departure of sorrows, and relief from grief, and all of that which we suffer from, verily it is only through knowing Allah and obeying Him. Obedience to Allah in what He ordained, and avoiding that which He forbade and deterred us from. This is what removes all this stress, sorrow, and grief.

This is of the most noble bounties Allah bestows upon His righteous slaves. There is no salvation for anyone, except for those who grasp onto the pure Tawheed, and holding tight to its firm rope! The most important thing in this life for a person to safeguard is Tawheed. Tawheed is paradise.

Happiness is attained through fulfilling the rights of Allah (سبحانه وتعالى), of which are performed at the expense of the desires of your Nafs (i.e., physical comfort, sleep, etc.). For example, a person slept in the last hours of the night while Allah (سبحانه وتعالى) wants for us to stand the night in prayer/supplication, asking Him (all your needs), and praying the obligatory prayers in their appropriate times, and so forth.

And from the happiness of a believer is his ability to be pleased with Allah's decree; We believe in Emaan and Qadr. Listen to this saying from an actor who repented. Actors are from the most corrupt people on the face of the earth. Listen to what this actor said, and [know that] the happy one is he who reflects and derives lessons from other than himself:

"I was looking for happiness. I searched for it within the profession of acting, however I did not find it. And I pursued attaining an abundance of wealth, yet I still did not find happiness (he assumed like many of us do, that happiness is found with wealth).

I sought fame (many people kill themselves to attain fame, losing their religion, their honor, and wealth for the sake of seeking fame), *and was granted an abundance of it, but I still did not find happiness. And I traveled around the world for a long time, and I still did not find happiness. People see me smiling, and they assume I'm happy* (this is the reality of such people that we see such as celebrities, actors, and singers, etc.). *However, in reality, I'm suffering inwardly a great deal – no happiness. In conclusion, verily, I did not find contentment except after returning to Allah."*

What a saying! Wisdom! This is a principle given to us by this actor who repented – And Allah told the truth before this actor.

Those who believe (in the Oneness of Allah - Islamic Monotheism), and whose hearts find rest in the remembrance of Allah, verily, in the remembrance of Allah do hearts find rest.
[Surat Ar-Ra'd: 28]

Happiness is acquired through beneficial knowledge, a person should covet the true beneficial knowledge, and the sincere righteous actions – seeking only Allah's Pleasure.

Happiness is through fear of The Sublime, and acting upon that which was revealed, and being pleased with what little one has, and preparation for the day of departure. And this, by Allah, is the secret to happiness.

O Allah make clear to us the truth, and grant us the ability in following it, and show us the falsehood for what it is, and grant us the ability to avoid it. O Allah make us guided guiders, and not misguided, nor of those who misguide others, and to close our Duā, All the Praises and Thanks be to Allah, the Lord of the Worlds.